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Homemaker News
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MASTER LOW-COST DIET PLAN

"The less money there is to spend for food, the more important is a homemaker's good food judgment to the health of her family," points out _____ (Name)
_____ (Title) _____ (Place).

"As a help to the homemaker operating on a limited budget Dr. Hazel K. Stiebeling, food economist of the U. S. Department of Agriculture, and her coworkers have developed a master low-cost diet plan, says _____. As a basis for this plan, Dr. Stiebeling used the new national yardstick for good nutrition, set up by a committee of eminent nutritionists recently as a new high aim for meal planning.

"The yardstick gives recommended daily food allowances in terms of necessary food values. The master plan translates the yardstick into the language of the homemaker, in terms of food groups."

Here, in brief, is the low-cost master diet plan.

MILK.--3 to 4 cups daily for children; 2 to 3 cups for adults; 1 quart for every expectant mother; 1½ quarts for a nursing mother.

FRUITS AND VEGETABLES.--Potatoes and sweetpotatoes, about twice a day. Dry beans, peas, and peanuts, two to four times a week. Tomatoes, citrus fruit, or other vitamin-C rich food, five times a week; every child under 4, however, is allotted one serving a day, and a nursing mother one to two servings daily. Leafy, green and yellow vegetables at least six times a week.

EGGS.--3 to 4 a week for everyone.

LEAN MEAT, FISH, OR POULTRY.--6 small servings weekly.

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CEREAL DISH.--Once a day, sometimes twice.

BREAD.--In some form at every meal.

DESSERT.--Once a day if desired.

A family of four--two moderately active grown-ups and two children of school age--can get meals that measure up to the yardstick of good nutrition for $6.50 to $9 a week, using this low-cost diet plan. The difference in cost depends on the selections made in different food groups. But farm homemakers can get the same diets for much less outlay of cash by a well-planned home-production and home-canning program.

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